

# HOW TO OBSERVE NATURE

There are many different aspects of nature to observe on a nature walk. Try looking at rocks, plants, animals, & the weather.

One great way to observe is by using your senses. As you intentionally take a nature walk three times this month, observe the changes around you.



What do you see?

For example:  
Look at the individual leaves, flowers, and rocks to notice their sizes and shapes.

\*Consider bringing a magnifying glass along to help you see even the tiniest details.

What do you hear?



For example:  
Listen for nature sounds like birds tweeting, the wind blowing through the trees, and water rushing over rocks.

\*By being quiet, you can listen for noises you usually never notice.

What can you touch?



For example:  
Touch different surfaces to notice the variety of textures: smooth, rough, etc.

\*Collect different sizes and textures of leaves and create a leaf rubbing with crayons and paper.



What can you smell?

For example:  
Sometimes in nature, you can smell sweet things (like honeysuckle) or unpleasant things (like the fruit of a ginkgo tree).

\*Many times smells are connected to memories. Discuss what smells you connect with different memories.



# FAMILY NATURE JOURNAL

AUGUST 1ST

WHAT DO YOU SEE?

WHAT DO YOU HEAR?

WHAT CAN YOU TOUCH?

WHAT CAN YOU SMELL?

*The heavens declare the glory of God; the skies proclaim the work of his hands.  
-Psalm 19:1*



# FAMILY NATURE JOURNAL

AUGUST 15

WHAT DO YOU SEE?

WHAT DO YOU HEAR?

WHAT CAN YOU TOUCH?

WHAT CAN YOU SMELL?

*How many are your works, Lord! In wisdom you made them all; the earth is full of your creatures. There is the sea, vast and spacious, teeming with creatures beyond number—living things both large and small.*

*—Psalm 104-24-25*



# FAMILY NATURE JOURNAL

AUGUST 30

WHAT DO YOU SEE?

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WHAT DO YOU HEAR?

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WHAT CAN YOU TOUCH?

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WHAT CAN YOU SMELL?

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*Let the heavens rejoice, let the earth be glad; let the sea resound, and all that is in it. Let the fields be jubilant, and everything in them; let all the trees of the forest sing for joy!*

*-Psalm 96:11-12*